



# **Cardiovascular Program & Hand Safety Week**

**Safety Topic of the Month  
Richmond Refinery**

**9/1/09**

# Familiarize yourself with the “heart” facts... *(American Heart Association)*



In the United States, cardiovascular disease is the leading cause of death. Looking at specific age groups, cardiovascular disease is the No. 1 cause of death for people age 75 and older, No. 2 for people ages 25–74 and No. 5 for people ages 15–24.

## Rank of Causes of Death by Age Group (United States, 2005)

	15-24	25-44	45-64	65-74	75+	Total
CV Disease	5	2	2	2	1	1
Cancer	4	3	1	1	2	2
Accidents	1	1	3	5	8	4
Diabetes	6	8	4	4	6	5

## "Know your numbers" is a good first step to preventing Cardiovascular Disease.

Part of improving your health is knowing where you stand right now...

Know your numbers means that you are aware of your:

- Cholesterol,
- Glucose, and
- Triglyceride numbers (based on easy blood tests)...
- History of heart disease and
- Lifestyle habits – like smoking, exercise, and nutrition.

All of these factors create a profile that indicates your likelihood for developing heart disease.



**Have your cholesterol and glucose checked**

2009 Health and Safety Fair

September 3 & 4

10 am – 1 pm – Thursday

10 am – 12 pm Friday

Refinery Cafeteria

**\*\* Testing is available for Chevron Employees Only**

# Starting September 1, the online assessment (CRA) will be available for the new 2009 Chevron Cardiovascular Program



You will be receiving more details related to this program from Chevron Health and Medical Services.

- Eligibility of USW represented employees in the 2009 Chevron Cardiovascular Program may be subject to bargaining.

## Chevron Cardiovascular Program

1. **Know Your Numbers** – Have your cholesterol, glucose, and triglycerides tested at the Health and Safety Fair or the fitness center.
2. **Enter your results while completing the on line assessment** – Your personal results are confidential. You will be placed in a risk category and contacted by a cardio program coach.
3. **Incentives for participation** – Participants qualify for up to two \$100 Wellness Credits.
4. **Empowering Yourself** – Your time and effort add up to a positive influence on your heart health.

# What does Good look like?

## Good "Optimal" risk factor burden at age 50 was defined as:

- BP 120/ 80 mm Hg,
- Total cholesterol 180 mg/dL,
- Absence of diabetes, and
- Absence of smoking.

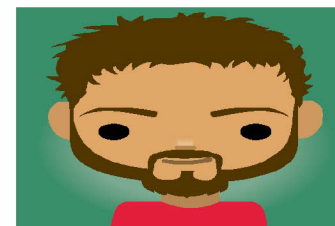
## Elevated risk factors were defined as:

- Stage 1 hypertension or
- Borderline high cholesterol (200 to 239 mg/dL).

## Major risk factors were defined as:

- Stage 2 hypertension,
- Elevated cholesterol (240 mg/dL),
- Current smoking, and
- Diabetes

A number of studies have defined the beneficial effects of healthy lifestyle factors and lower CVD risk factor burden on CVD outcomes and longevity.



# Because heart disease is the leading cause of death in the US, Healthy People 2010 Objectives were formed to address modifiable risk factors\*



These objectives address the sedentary lifestyle that many Americans lead. Increasing physical activity can improve cholesterol ratio, reduce blood pressure, reduce incidence of diabetes...

1. Reduce the proportion of adults who engage in no leisure-time physical activity.
2. Increase the proportion of adults who engage regularly, preferably daily, in **moderate physical activity for at least 30 minutes per day**.
3. Increase the proportion of adults who engage in **vigorous physical activity** that promotes the development and maintenance of cardio respiratory fitness 3 or more days per week for 20 or more minutes per occasion.
4. Increase the proportion of worksites offering employer-sponsored physical activity and fitness programs.

\*Not a complete list



# Moderate and Vigorous Physical Activity with caloric expenditures in a 154 lb Person

## **Moderate Physical Activity/ Approximate Calories per hour**

Hiking/ 370

Light gardening/yard work/ 330

Golf (walking and carrying clubs)/ 330

Bicycling (<10 mph)/ 290

Walking (3.5 mph)/ 280

Standing at your Sit to Stand Desk 100

## **Vigorous Physical Activity Approximate Calories per hour**

Running/jogging (5 mph)/ 590

Bicycling (>10 mph)/ 590 - Spinning Class - 5 pm Tuesday and Thursday nights

Swimming (slow freestyle laps)/ 510 – Swim Rod & Gun – 5pm Tuesday night

Aerobics/ 480 Combat Class – 5 pm Monday and Wednesday Nights

Walking (4.5 mph)/ 460

Basketball (vigorous)/ 440 – Call ACRC for league info.

# Creative way to promoting your health and increase your metabolism



Standing burns 40% more calories than sitting! How does this translate into weight loss? If you weigh 175 lbs:

- Standing for 2.5 hours burns an extra 350 Cal/day

Standing 2.5 hours per day at work can translate into:

- Weight loss
- Better posture and blood flow
- More energy
- Productivity

Let comfort be your guide. If you stand for one hour that's great. Don't force yourself to stand if your legs or feet feel tired. Simply sit down when you experience fatigue, and then stand up when you are ready to.

# How are Americans doing with improving our lifestyles?



Americans who are 18 to 74 years of age\* showed the prevalence of healthy lifestyle characteristics was as follows:

- No smoking, 76.0%
- Healthy weight, 40.1%
- Consumption of 5 fruits and vegetables per day, 23.3%
- Regular Physicians Appointments, 22.2%

The overall prevalence of the healthy lifestyle indicators (ie, having all 4 healthy lifestyle characteristics) was only 3%, with little variation among subgroups.

\*American Heart Association data

# September events you can get involved with to promote your health



- Richmond Health and Safety Fair, Sept. 3 & 4
- Chevron Cardiovascular Program will be available on September 1. You will receive more information concerning this program.
- Maintenance and Operations Health and Wellness lectures will address general health concerns and regular medical tests.
- Fitness Day of the Week will focus on nutrition - Eat 2-4 servings of fruits each day.
- Operations weekly fruit box delivered to control rooms with a health moment topic.



## Hand Safety Week (Sept 20 – 26)

This year the Richmond Refinery will observe the first ever Hand Safety Week. Corporate-wide injury statistics show the following:

### Chevron hand injuries averaged:

- 33% of all recordable injuries in the last 5 years,
- 5% DAFW,
- 11% Restricted Work, and
- 18% Medical Cases.

During Hand Safety Week we will be engaging in Hand Safety Awareness Activities:

- Sharing Personal Hand Safety Stories
- Hand-related Safety Topic of the Day
- Hand Safety Activity for all employees and Contractors to complete
- Engagement activities throughout the week.



# Refinery Instruction Review

Take a moment  
to review

## **RI – 337 PCB Dielectric Device Requirements and Control**

[RI-337](#)

### **RI – 337 PCB Dielectric Device Requirements and Control**

Purpose:

This Instruction establishes procedures and responsibilities for marking, inspecting, record keeping, handling, storing, transporting, and disposing of polychlorinated biphenyls (PCBs).

This Instruction should serve as a guideline prior to performing any operations involving PCB devices. It specifically addresses the problem of transformers, capacitors, oil circuit breakers, etc., which contain PCBs and how to manage them in accordance with Environmental Protection Agency (EPA) and California Department of Toxic Substances Control (DTSC) regulations.



## Review TOP Lessons Learned

Learning from our past incidents will help us prevent them in the future. Please take a few minutes now to review the TOP lessons learned.

### TOP Lessons Learned